

## Clubs, societies and community groups

This toolkit is for clubs, societies and community groups who have taken the Choose Kindness pledge and provides inspiration as to how you can promote kindness to your members or those who you support both in how you function and through your values and procedures.

We've broken down how kindness can make a difference to:

- People – staff, members and those linked to your club, society or group.
- Place – the wider community and locality that your club, society or group is based in.
- Planet – the environment and natural world.

There are no limits to how kindness can be shown, so please feel free to use the following as a starting point or to develop your own ways of supporting the Choose Kindness movement.

### People

- If you have policies and procedures, ensure that they are inclusive and that kindness and mutual respect are included in them.
- Community engagement – consider ways in which you can engage with your local community more, eg working with a local school to deliver something together
- Form partnerships with other groups – there sometimes can be more power in working together.
- Put a call out for more people to come and join your group – encouraging people to come together can help support positive mental health as well as combat social isolation.
- Foodbanks – maybe your group could set up and run a foodbank to support the local community.
- Welcoming spaces – if you have a building that is open, encourage people to drop in and spend time in a warm, welcoming space.
- Volunteers – be open to encouraging volunteers to support your group.

### Places

- Local pride - taking care of your premises, ensuring that they contribute positively to the local area.
- Support local – where possible support local partners, groups, suppliers and initiatives (eg holding meetings or events in local venues).

### Planet

- Litter picks – organise a litter pick in and around your premises. Look out for local and national initiatives that you could support.
- Recycling – identify ways things could be reused or upcycled across your business or donate to others who could use them.
- Planting - plant bulbs, plants or trees in your grounds if possible.
- Be kind to the planet – be aware of the materials you use and think about how these could be reduced eg consider banning single use plastic or reducing paper usage etc.

Feel free to shout about how you promote kindness on social media or other communication channels. Use #ChooseKindness so that the movement can keep track of what you are up to.

We also know that you are probably doing a lot this stuff already, so we'd also love you to share examples of how you support and promote the values of Choose Kindness. You can do this by completing the online [Tell us about a kind act](#) form. We may then contact you to explore whether we could share any stories wider.